

Pork and Noodle Bowl

This saucy spaghetti gains bold flavor from zesty marinated pork and crunchy texture from shredded slaw.

Makes: 4 servings

Marinate: At least 1 hr

Prep: 15 mins

Cook: 25 mins

<http://www.bhg.com/recipe/pork-and-noodle-bowl/>

Ingredients

- 12 ounces boneless pork sirloin chops, cut into thin bite-size strips
- 1/2 cup bottled low-fat Asian salad dressing or bottled reduced-calorie Asian ginger salad dressing
- 4 ounces packaged dry multigrain or whole wheat spaghetti
- 6 cups packaged shredded broccoli slaw mix or packaged shredded cabbage with carrot (coleslaw mix)
- 1/4 cup sliced almonds or chopped cashews, toasted



Directions

1. In a medium bowl combine pork and 1/4 cup of the salad dressing. Cover and chill for at least 1 hour.
2. Cook pasta according to package directions. Drain and return to pot. Add remaining 1/4 cup salad dressing, tossing to coat.
3. Meanwhile, heat 1 1/2 teaspoon of the olive oil in a very large nonstick skillet over medium-high heat. Add half of the pork; cook and stir for 3 to 4 minutes or until browned and slightly pink in center. Remove from heat. Repeat with 1 1/2 teaspoons olive oil and the remaining pork. Transfer pork to pot with pasta, tossing to coat.
4. Add broccoli slaw mix to hot skillet. Cook and stir about 3 minutes or until just starting to wilt. Transfer to pasta mixture, tossing to mix well.
5. To serve, divide mixture among four shallow bowls or plates. Top with almonds.

Nutrition Facts

Serving Size 4 1.5 Cups

Amount Per Serving

Calories 313

% Daily Values*

Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 54mg	18%
Sodium 544mg	23%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 29g	58%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g